

OUR MONTHLY WORK.
DONE BY STUDENTS. FOR STUDENTS.

News4U



HALLOWEEN

Find out everything you need to know about this amazing holiday!

THE BIG BOSS

An exclusive interview with Cristiane, the owners of the school.



INDIQUE um amigo E GANHE DESCONTOS!*

*CONSULTE O REGULAMENTO



REGULAMENTO

- 1- O aluno que indicar um amigo que fechar o contrato terá o desconto de R\$ 50,00 na mensalidade seguinte ao fechamento de contrato do indicado
- 2- O indicado terá que informar seu ingresso através de indicação
- 3- O desconto é válido somente para UMA mensalidade seguinte ao contrato do indicado

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OUR SCHOOL

Welcome, reader, to the first edition of News4U, our brand new magazine, made by students to students.

We decided to start this first edition sharing with you a bit of our story, this way you can know more about us. I now present you Looking 4U:

First thing you should know about us (at this point I assume you already know...), we are a Language School, focused on leading anyone who wants to study with us throughout the process of learning a second language. To achieve this goal we use a different method of teaching, our classes are split, every student has two teachers coaching them in the different fields of learning a whole new idiom, whether it be written or spoken.

The school has been through a lot of changes in the past few years, it started in small store inside Patio Ciane Mall and now it moved to this big and lovely house in Santa Rosalia, a very traditional neighborhood in Sorocaba/SP. Now the school has three classrooms, a kitchen for the students to perform cooking classes, a cinema for our movie nights, a great backyard with a vegetable garden, a barbecue area, a playroom, and much more. However, there is one more thing that makes us so special and different. WE ARE FAMILY.

Although Looking for you is yet young, our teachers and staff have years of friendship and experience working together as a team, and everyone who joins our crew, staff or student, automatically becomes a member of our family.

Freedom, Happiness and Friendship. These are the names of our classrooms. Because this is what we seek when we are here. These are the premises of our hard work. This is what we believe in. This is a place for learning, but not just English, it's about joy, about relationships, about cooking, watching, reading, about expressing ourselves, know ourselves better, our skills, our space, our voice.

We believe in our students so much that we want them to fly overseas. To study abroad in an exchange course or to work in another country and gain experience or even just to travel around and visit new places and see the everything that's out there waiting. Our team can guide through all of the options you have, and that's also why the language is so important for. For communication, and expansion of mind.

Our house is always going to be open for anyone. Regardless their age, appearance, gender, the only thing that matters for us is if you want to grow with us to be a better person.

Thank you, for your attention, and we hope we this work as much as we do.



IT'S NICE TO MEET YOU, CRIS!

By Beatriz Vieira

Well, well, well, as you all know (or not) our school has passed through a few changes in the last couple of years, and by a few changes I mean a lot of changes. Some people have left, some returned, we changed our address, we changed our plan, we changed our minds, we changed our souls. We are growing. And the pillar for all of these changes was our new Principal, Cristiane. She inspires us to go on, to be better persons, to grow as professionals and to keep doing always more and more for you, our beloved students.

The thing is, we know Cris very well, but you may not, so, we went to her and broke the silence. We dived to poke the bear for you (lol) and we asked her a few things, so you can check her view and thoughts on these subjects.

We hope you all enjoy, here is what she told us:

My name is Cristiane, I am 46 years old and I have 28 years of experience in multinational industries. I am married, I have three children and a language school to manage.

1. Why the name "Looking4U"?

CRIS: The name came from an idea: we were looking for something for people. We want our students to know that we are looking for their needs, we are not just a school like the others.

2. What does Looking4U stand for?

CRIS: Looking4U represents a dream. The path to the fulfillment of people's dreams. We want our students to achieve their success, would it be personal or professional.

3. What is the purpose of the school?

CRIS: Our purpose is to reach all audiences, so more and more people (regardless of class, belief, age, etc.) can have access to quality and affordable content. We want people to feel at home and have the pleasure of being part of our family, because for us, the school team is a second family. The success of our students is our greatest satisfaction.

4. Why were you interested in languages?

CRIS: To be honest, I've never liked English. I went to different schools, private teachers and different methods and I've never adapted to none, because I just didn't like it, I just did it out of obligation, and so I didn't learn anything. Until one day, in a job selection, I went through several stages and many candidates. When I arrived at the final interview of the job of my dreams, I heard from the president of the company that I was perfect for the position, but I couldn't speak English. So he would hire someone with less qualifications than me, but with a good English. That felt like a slap on my face. I left there devastated, and swore to myself that I would never miss any opportunity due to lack of English again and from there on, I started to take the studies seriously and doors opened to me. I have already made many international trips, for work and leisure, and made my biggest dream come true, which was my long awaited exchange course. With Spanish, it wasn't different, I became director of Latin America for a multinational, and I had to run after Spanish as well. I've done French and started German, which I haven't finished yet. The sky is the limit to me.

5. What motivated you to invest in a language school?

CRIS: When we think about investing in other business, we think about what was expanding and what people need. We based on our children, as it was with computers twenty years ago, today nobody lives without them, we imagine that it would be the same with English; in the future, without English, people will not have good jobs, or even no job at all. Not to mention that we also have the issue of communication, because the internet connects us with the whole world, whether in games, chats, social network, studies and etc.. And there is also the leisure cause, because with English, you travel the whole world.

6. How is it going to run a school in the pandemic?

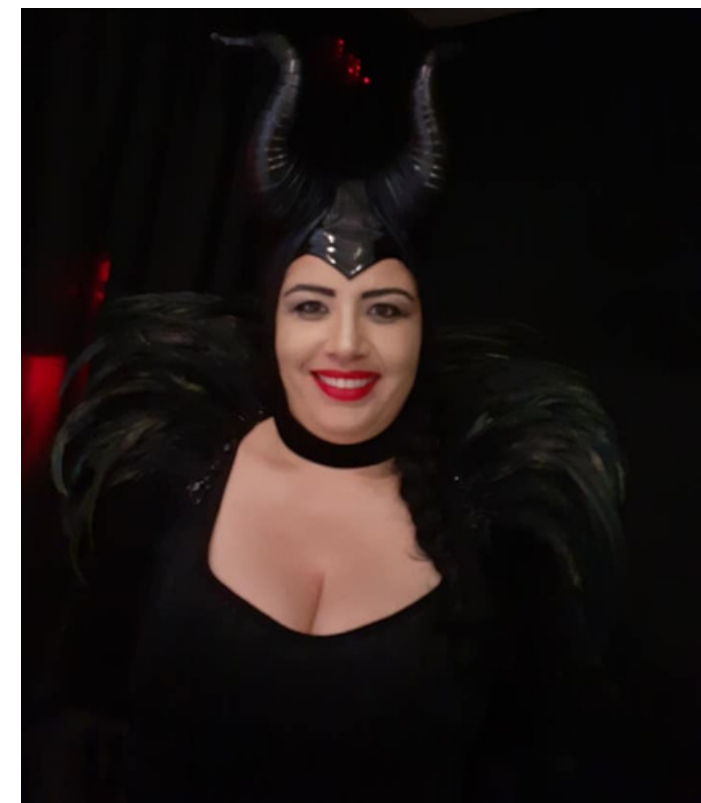
CRIS: Just as everyone, from different areas, had to rediscover how to run their businesses, it wasn't different with us. We had to adapt and discover new opportunities. Despite the difficulties that the COVID-19 pandemic brought to everyone, we evolved as people, stepping out of our comfort zone, and we put into practice projects that we would not have had the courage to take off the paper before. We are more focused than ever on delivering content to our students. Exchanges have been postponed, as unfortunately travel has been suspended, but dreams continue...

7. What are the plans for the future?

CRIS: Our plans are: put our own online platform, covering all of Brazil; Intensify our exchange project, sending more and more students for an experience abroad; Become a language center, like Oxford International School, in London.

8. What message do you want to leave to your students?

CRIS: Open your minds, don't be afraid, think big and think about the future. At the beginning, it's going to look impossible and you are going to think you would never realize your dream, but DON'T GIVE UP! We are looking4U! Você pode, você faz!



THIS IS HALLOWEEN

HALLOWEEN
HALLOWEEN
HALLOWEEN

THE HISTORY OF HALLOWEEN

By Elisabete dos santos

The emergence of Halloween in the Middle Ages, came to be called Halloween, due to the Catholic Church considering the party as an act of heresy (anti-Christian), those who celebrated the date, were persecuted and condemned to the fire by the Court of the Inquisition. To reduce pagan influences, in Medieval Europe, the Catholic Church instituted the Day of the Dead (November 2). Hence the name Halloween stems from the combination of the words hallow, which means "saint", and eve, which means "eve".

The pagan origin of Halloween is related to Samhain, a festival dedicated to the harvest and the dead practiced by the Celts in antiquity. The Celts celebrated the Samhain festival, which lasted for 3 days, starting on October 31st. The 3 days are listed below with their meanings as an example: the 1st day -All Hallow's Eve - celebrated on October 31 as the eve of All Saints Day; 2nd day - All Saints 'Day - celebrated on November 1st as All Saints Day. It was a date of veneration for the saints of the Church; 3rd day - All Souls 'Day - celebrated on November 2nd as All Souls Day. Date dedicated to the prayer of the faithful of the Church and of those who were in purgatory.

In addition to celebrating the end of summer, the celebration of the Celtic year, which began on November 1, was celebrated. Thus, in an attempt to remove the pagan character from the feast, the church made changes to the calendar. Pope Gregory III, in the 8th century, changed All Saints' Day to be celebrated on November 1, which used to happen in the May 13th. It is possible that Pope Gregory III and his successor, Gregory IV, set the date for the celebration of All Saints' Day as mandatory, with the aim of "Christianizing" the pagan Samhain festival.



THIS IS HALLOWEEN - USA

Halloween appeared in the Middle Ages, in European countries, but the practice only started in the United States later. With the migration of Irish people in the 19th century, Halloween arrived in the United States, but some historians say that the party did not exist in the USA during the colonization period, while others say that it existed, but it was limited to practice due to religious rigidity.

On Halloween, children wear costumes and knock on the doors of the houses saying the traditional phrase: "**trick or treat?**". The game consists of asking for sweets, threatening to commit a prank on anyone who denies the treats.



THIS IS HALLOWEEN - BRAZIL



Here in Brazil, Halloween does not have a great tradition, there are some theme parties that take place on October 31st. This is due to the influence of North American countries. However, it is not yet compared to the celebrations that take place in the United States, it is not celebrated, the same but for 20 years it has become a habit driven by language courses in the country. Many language schools celebrate with students the date related to English culture and American customs. In Brazilian folklore, Saci's Day was introduced in Brazil in 2003 through Federal

THIS IS HALLOWEEN - JAPAN

Only in recent years Halloween has become more widespread in Japan and it is much more of a commercial date than a celebration itself, as well as Christmas. As a way to rise sales and boost trades, Halloween "ハロウィン" has become a date recall in Japan and stores are full of items like pumpkins and vampire.



Halloween was adopted in Japan for commercial purposes, originated from events at Tokyo Disneyland, such as the Halloween Parade, which has been going on since the 1980s. Tokyo Disney Sea will also have its Halloween themed event.

As we know, Japan has mastered this art of dressing up as characters, and Halloween just became another reason for it. Anime and cosplay characters invaded the streets of Shibuya. In addition to the most extravagant costumes, there is a category of fantasy known as Jimi Halloween (地味ハロウィン). The word jimi can be translated as sober or simple. These are cosplay inspired by Japanese daily life, that is, dressing like salarymen or ordinary professions. As a result, many events are held, especially in some Tokyo neighborhoods, such as Roppongi, Shibuya and Harajuku, a meeting place for young Japanese people. The events called Zombie Halloween Party take place on October 31st.

As the date became more popular in the country, some Japanese abandoned the typical horror fantasies in the West and started to value their own pop culture although this type is still very successful.



HALLOWEEN AROUND THE WORLD

By Luca Pizzini Bernardo

It is amazing how only the name of this *Halloween party* is already loaded with meanings, prepare your cape and broom: Halloween is coming in the culture of several countries, and thus begins to tell the curiosities of some countries where the 31st of October is celebrated according to their traditions.



- **China**, during Teng Chieh (Chinese Halloween) the Chinese light fires and turn on lanterns to guide the dead back to Earth and free spirits that could not be buried and some Chinese even burn money and even sweets as a way to ensure comfort for family members already dead.

- **Germany**, Halloween is celebrated on April 30th, out of season: the Walpurgisnacht (Santa Valburga Night), where witches and witches with a kind of broom race, they have a goal of flying towards the point highest of the Harz mountains. Another curiosity that occurs during Halloween in October, is that the Germans hide knives to protect themselves from the spirits that return to Earth.



- **Mexico** celebrates day of the dead, with Mexicans preparing a trail for souls to return to the country, with decorations full of Mexican skulls, flower petals and candles, festival with vigils in cemeteries and night processions.



- **Scotland**, the date was known as a prank date, when witches and other creatures roam our world to cause problems.



- **England**, has the tradition of asking for sweets that gained strength in the country, from an ancient medieval custom, called souling (crave).



- **Belgium**, candles are lit in honor of dead relatives. And there began the superstition of black cats: running into one during Halloween is unlucky.



- In **Korea**, in August, families pay respect to their ancestors and visit their tombs, taking offerings of rice and fruits.



- **Austria**, Halloween night is considered magical. People leave bread, water and a lighted lamp to receive souls who return to earth during the date.

- **The Czech Republic**, chairs are placed around the fireplace on Halloween night. One chair for each family member, plus one for the spirit of each deceased family member.



THERE IS 1 IMPOSTOR AMONG US

By Aline Fogaça

Among us is a game that has become very famous in recent weeks. It takes place in a spaceship with up to 10 players, one of whom is the impostor.

The impostor's goal is to sabotage the spaceship and kill all crew members as they try to find out who the impostor is, expel him from the spacecraft and complete missions to save the spaceship.

You can open a chat and discuss what is happening in the game and who is the impostor. The chat is only written but the fun is to play with voice chat using discord, for example, where you can discuss best who is the real impostor.

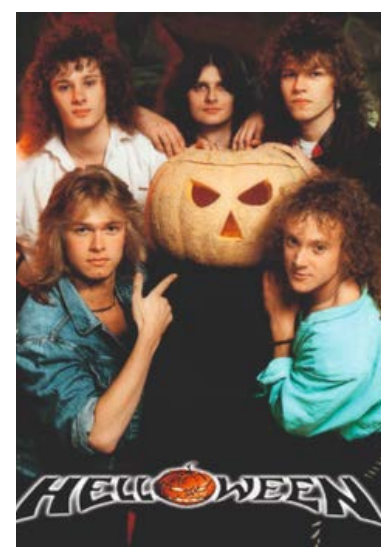
With each killing or expulsion of innocent players, discussions become more heated with the impostor placing the blame on other innocent players and deceiving everyone to win.

It is a fun game that can be played with friends or with people from all over the world.

Embark on this spaceship and find the impostor among us!



<https://super.abril.com.br/cultura>



GERMAN HALLOWEEN

By Guilherme Del Cistia

You like Rock n' Roll and have never listened to the song Halloween? It has 13 minutes of Melodic Power Metal and the lyrics tell us how is the great American party known worldwide as Halloween. The Band that plays this song is also called Helloween, that's right, the names are similar on purpose.

The band was formed in Germany around 1984 and its mascot is a carved pumpkin, like those used during the American party. The song begins telling us how the preparations for Halloween are, decorations, costumes, etc.. and when the party start the children knock on doors and ask the famous question: 'trick or treat?'

Finally, the musicians talk about an unknown power that appears on the streets during Halloween. A Power that lures people, whom must choose between good or evil. Are you interested? Listen to the music and make your choice!

To learn more about the band visit www.helloween.org



<https://www.mckameymanor.com/>

DO YOU LIKE TO SUFFER?

By Jéssica Moreira

In October 31 is celebrated the Halloween. The term had origin through the expression in English "All Hallows Eve" celebrated one day before November 01.

If you like Halloween, you will like McKamey Manor in California, San Diego. The house is the scariest house of all time. However, for you to enter the house, the following requirements must be met: being over 21 years old, having good health, having no heart problems and sign a term of the responsibility and awareness of all tortures included.

The house is opened along the year and changes its theme every year. Between tortures, people can be tied up and hanged, snakes or spiders can be put in their mouth, they can be drowned, be covered in dirty something that looks like blood, among other tortures.

Currently, there is a waiting list of 24.000 people to enter the house, and so far, nobody has completed the 8 hours route inside the house.



The Conjuring



Annabelle



The Nun

THE CONJURING

HORROR MARATHON

By Ana Laura Ferreira

To celebrate the Halloween month in the best way what do you think about marathon all the films of the universe of The Conjuring? Did I hear YES? But you don't know where to start from? Relax, I'll help you with the chronological sequence of the macabre events!

The Nun -1952 (2018)

Yes, we start with one of the most recent films! It shows the beginning of everything. The investigation of two nuns who were attacked by an evil entity, which ended in the suicide of one of them.

The Curse of La Llorona -1973 (2019)

Wait! Is this film connected with the universe of The Conjuring? Yes! This film talks about a spirit called Llorona who killed her children in a very macabre way: drowned. All because of a jealous crisis. The same priest from the Annabelle film appears to tell the story about the doll.

Annabelle Creation -1955 (2017)

The most famous and feared doll for the Warrens! You should start with this film because on it we have the first appearance of the doll! The film is about the story of a couple who lost their daughter and then decided to transform their house in a children's shelter.

Annabelle Comes Home -1974 (2019)

And we have the feared doll back! After the Warren kept the doll to avoid that bad things happen again, the couple's daughter begins to be the target of the cursed doll.

Annabelle -1967 (2014)

In this film we can see how the feared Annabelle became so remarkable in the Warren's life. It's about the story of a couple, and the husband present his wife with a doll. After a macabre event, the doll starts to act scary!

The Conjuring 2 -1977 (2016)

And to end this scary marathon, the last film is the most loved by everyone! It is in this film that the nun Valak appears and we can see the connection with Ed Warren, who studied in a super religious school. It's about a story of a mother who is tormented after using the Ouija board.

The Conjuring -1973 (2013)

Finally! Now you can watch the first film that tells the story about the most famous couple in the horror universe, the Warrens! This film is about the Peron family story and we can see the connection with The Nun and more cases of investigation of Ed and Lorraine Warren.

So, are you ready for this supernatural marathon? Get some popcorn and let's go!

Memes..

by Ana Luiza Tanaka

Me and my homies in October



when people tell you



they don't like halloween

The look on my face



when I see halloween stuff

HALLOWEEN? Seriously?



hasn't 2020 scared you enough?

Just a Costume

by Tales Balduino



Horror? Movies

by Bianca de Lima

Scares + screams + chills + dark places, this is the formula for a good horror film. Of course, it does not always work, but it is a start. But what every horror movie has in common are the famous clichés like:

1- No sign: I am impressed with the fact that people in universe of movies keep carrying their phones and paying its bills, because, whenever they need it, there is no sign.

2- Beauty girls: There is always a perfect girl. A girl that looks like a model, perfect body shape, hair, skin, nails, but with a single flaw... they don't know how to how to run, always stumble in the air and ruin any escaping plan.

3- Vacation: In horror movies, people are always taking vacation or holidays, and of course they are travelling to this sinister mansion where ten people were killed, or through the most dark and lonely road, or to that cabin, in the middle of a forest, on a mountain, next to a lake.. Why people don't just go to Caribe or somewhere sunny?

None of that tragedy would happen if people simply said NO. Or simply said 'I see dead people!' 'A woman dressed as a nun is coming after me!'... But they say NOTHING IS HAPPENING, c'mon, nothing is happening is like.. going to work or school.. but seeing a supernatural being definitely IS SOMETHING.

Truth is, people are losing their fear horror movies, and villains should get another job. Jason would be a great gardener; Freddy Krueger a psychologist; Scream's killer would be a talk show host; Samara would be a telemarketing attendant, and so it goes.

"You know, once I called a guy and said "you've got seven days", and he was like "I have already paid it! Stop calling me, freak".

- Samara



tariquihakhan.wordpress.com



Behind the Pose

by Ana Beatriz de Melo e Antonio de Carvalho Jr

We are going to talk about when people made fool of themselves or went through difficult times during Halloween. Our reporters interviewed some Looking4U students, teachers and ex students. Here are some funny moments that could only have happened at Halloween's night.

we'll use other names for the people, keeping them anonymous to protect their identity

The category is: Best Fantasy.

This student we'll call Bride (A noiva cadáver - movie), because she was literally dressed like a bride.

We all know that "Noiva Cadáver" is blue, but what nobody expected was that this student showing up as the avatar. "When she said that she was dressed like The Bride, we had to look up twice and try to imagine a bride on her costume, because she could join in Avatar's movie easily" - said Guilherme. LOL. She aimed The Bride, but hit Avatar.

Note: Romero Britto would be proud of her. LMAO.



Brazilian horror in a drop story

This ex student we'll call Samara (The Ring - movie) had fun last Halloween party on Looking4U.

Little or big, people falling will always make us laugh. Samara was in an escape room, really afraid, and when she saw all the ugly and scary monsters she ran away and tripped over the curtain and fell down way too heavily.

Note: LOL. Gravity looks at her and says "even me girl".

Halloween Freaky Drive

We all want to make new friends, and a Halloween Party is a perfect place for it, but this student that we'll call Chucky (Curse of Chucky - movie) took it to another level. Aside from make new friends, he got a rolê (who knows, knows) the whole night around the city after the party.

They went to another Halloween party but when they got there, they were barred because the party did not allow entry after 3 am, so they went to a fast food. After eating in public dressed as skulls, they decided to go to a rock bar, where there were a country ban playing.

At 5 am everybody said bye, but little did Chucky know that when he got home his mother would be possessed by Annabelle and almost killed him for coming home at dawn.

Editorial Note: LMAO. Next time call our team, let's party together to the sound of "Thriller".

Note: Everyone involved was over 18 years old (+18).

Stranger Things

Guilherme (teacher), our sweet and calm Gui didn't change even when he's pretending to be a monster, showing us monsters are not always evil, but are wary of the money spent. One student went to our famous escape room, stumbled and hit a bookshelf with lots of glass jars on it. The shelf was swinging and our "hero" Gui had to hold it so it didn't fall. The student was so desperate she passed under Gui's arms. They didn't know who was scariest, the monsters or the student.

Editorial Note: LMAO. We laughed so hard when we heard this story. We wish we could were there. Please Looking4U put cameras in the escape room next Halloween please.

Note: We can see people have historic of stumbling in the escape room.

The Adventures of Chewbacca: Now Shaved!

Our beautiful coordinator Bruno almost lost all of his face hair. What nobody could imagine, is that the latex used in his makeup also served as wax (mainly for the eyebrow).

The biggest problem came when he was taking off that makeup. In addition to losing half his beard, one of the school's employees managed to remove, according to him, 19% of his eyebrows.

"She, very "careful", came and told me she would pull it off. What I didn't expect, was that she wanted to shave my eyebrows.

Anyway, the concept of unbearable pain" - said Bruno.

Note: We don't have notes, this story is funny enough LMAO.



Jack Skellington Pumpkin Caramel Pie

by Ranier Martins Borsatto



at delish.com

INGREDIENTS

- 500g pumpkin purée
- 1/4 tsp. salt
- 1 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. ginger
- 1 can sweetened condensed milk
- 2 large eggs
- 1 double pie crust (store-bought or homemade)
- 1/2 cup caramel sauce



DIRECTIONS

Preheat oven to 100 degrees.

In a medium pan over low heat, mix pumpkin purée, salt, spices, and sweetened condensed milk until they combine completely. Turn off the heat and let it cool for a minute then mix in eggs. Set aside.

Unroll the pie crust into the bottom of an pie plate. Put pumpkin filling to the top. Put the caramel sauce in and using a spoon, gently mix the flavors together, without combining them entirely. (The top should look marbled)

Cover the pie with the remaining pie crust, using a knife trim the excess from around the edges. Sketch Jack Skellington's face on the top of your pie and then cut out the design with a sharp knife. (Tip: Cut the stitches before cutting the line of the mouth). Fold the edges of the pie.

Bake your pie for 15 minutes, then reduce the oven temperature to 80 degrees and cover the top with aluminum foil, so Jack's face stays skeleton-pale and the edges don't burn.

Bake for 38 to 40 minutes more. Let it cool before serving.



Pumpkin Pie is a traditional sweetie recipe of Halloween, very common in United States and Canada on this holiday.

It's usually spicy and well seasoned with nutmeg and clove. Jamaica pepper may substitute these two flavors. Cardamon and vanilla can be used in the mass' recipe as well.

It is a delicious way to finish your meal, better if served cold.

You can eat it along vanilla ice cream, chantilly, or chocolate syrup, as you prefer.

5 tips

for not turning into Nosferatu in the 40th spring!
by Lilian Keronlay

October, Halloween, spring with a summer look that no one expected or can handle. The main question is "What do I do to not dry and slowly burn like Nosferatu in the sun?" Relax, I have the solution for you today!



1- Avoid excessive exposure to the sun. Like Nosferatu, you will burn too! One of the main rules is to be cautious when sunning. As much as you are careful, any excess tends to be harmful. In this case, the highest risk are diseases like skin cancer and dermatological problems, such as burns, blemishes, premature aging, among others.

2- Applying sunscreen daily will keep your skin perfect like that of a newly fed vampire. This tip is not just for the summer or when you are sunbathing: using sunscreen daily is essential. For this reason, dermatologists recommend that it be reapplied throughout the day. The ideal is not to leave the skin unprotected at any time.

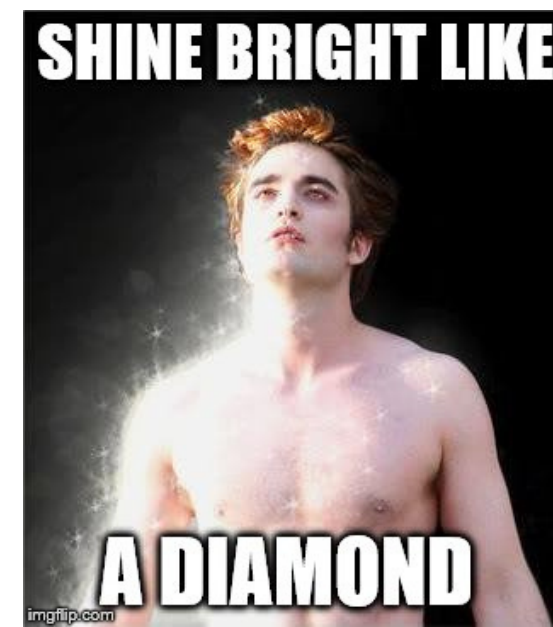
3- Always moisturize and hydrate yourself. I'm not talking about taking a bowl of blood on! Another common trend in heat is the dryness of the skin due to the greater incidence of sunlight, the loss of water due to perspiration, among other factors. Therefore, not only the skin but the whole body must be hydrated. We must not forget that, in addition to the use of cosmetics, drinking between two and three liters of water per day is essential! Hydrating from the inside out makes all the difference, and it is a measure that can never be replaced, even by other types of liquids.

4- Less is more in makeup, we are talking about human skin here and not supernatural. Of course, we would all like to look beautiful as a Countess of the Night or that wonderful Witch during the summer months, and remember that our pores get bigger as the temperature rises. You know what? Your skin care routine can help you find the ideal makeup for the hot climate. Mix your foundation with moisturizer to create a light coverage that will withstand heat without blocking pores. The result? An impeccable finish that will last all day and who knows help you to steal the Dracula's heart.



5- Skin cleaning should be daily, don't sleep with vampire makeup on! Experts say that cleaning your skin daily at home, using soap specific to your skin type, can help you not have skin problems like acne, blackheads or blemishes.

Anyway, these are 5 important steps for your skin and health to stay up to date with this heat and you do not look bad like Nosferatu. Now it's up to you, focus on the care and let's enjoy this season that comes with everything to burn your skin to dust!



DIY fake blood

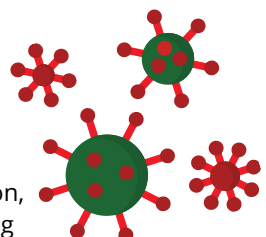
Wanna dress like a vampire for Halloween? So take a look on this fake edible blood recipe:

Put in a cup a bit of **CORN SYRUP** and mix in **RED FOOD COLORING** until you get a good red shade. Drip a few drops of **BLACK FOOD COLORING** to intensify the color and make the blood look more real. If you like it a bit (or a lot) thicker, slowly stir **CORN STARCH** and there you go.

This blood is edible, and can be used on the skin or in the mouth.



The best way to prevent future pandemics



by Isabella Moreira

A research of EcoHealth Alliance Organization, which works with the prevention of emerging infectious diseases, says that the vegan lifestyle is the best way to prevent pandemics like the new corona virus.

COVID-19 is believed to have originated in the Chinese market of sea animals, live birds, and exotic animals for human consumption. Like swine flu and bird flu, COVID-19 spread from animals to humans. Scientists suspect people contracted the virus by eating or touching infected animals. 'It's bad enough that the consumption of meat and other animal-based foods contributes to heart diseases, diabetes and cancer. Do we really want to add more deadly diseases to this mix?'

Another search, from Food and Agriculture Organization of the United Nations (FAO) says that 75% of the illnesses that have arisen since the 1940s are animal originated. 'When you bring animals together in unnatural situations, you have the risk of human diseases emerging.' - Kevin Olival. In other words, many disease outbreaks come about because humans house animals in order to satisfy their meat habit.

Animal-based food production is at the heart of world agriculture today. A quarter of the land area is used for cattle, and a third of the arable land is used for planting seeds for livestock, which represents 40% of cereal production. Animal husbandry uses more land than any other human activity and its main products are milk, meat and eggs.

It is evident that, in addition to the health measures used to contain this new virus, it is absolutely necessary to take seriously the causes of these diseases and one thing is certain, if the current exploitation of wild and domestic animals is kept, we will certainly have a next pandemic catastrophe, but there are ways to change this.

We need to remember that animals are not the blame for the pandemics throughout history. The fault is our insistence on exploring them. For that we need to change our relationship with the environment and nature. Raising and killing animals in bad health and hygiene conditions for food threatens human health and causes animal suffering.

The vegan lifestyle can also reduce risk of Cancer and cardiovascular diseases, diabetes, improve our mood, our skin and causes many other benefits for human and it's worth to be considered. Reflect on your behaviors. #GoVegan

To know more: euronews.com

The importance of vitamins

by Giovanni Breda

If we do catch COVID-19, our immune system will be responsible for fighting it. Research shows that improving our nutrition helps support our system's optimal immune function, and by improving our nutrition I mean increasing our levels of vitamins.

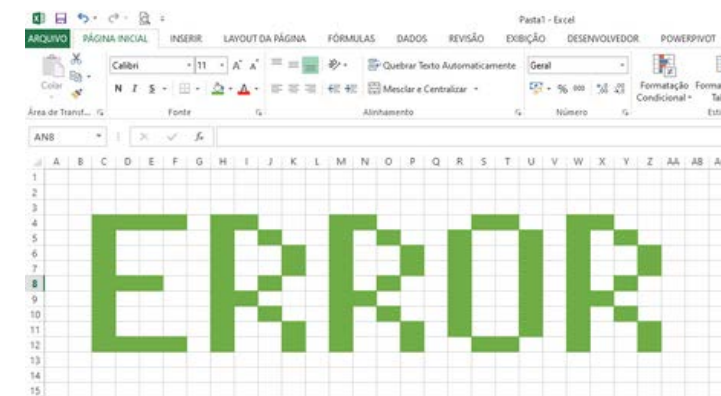
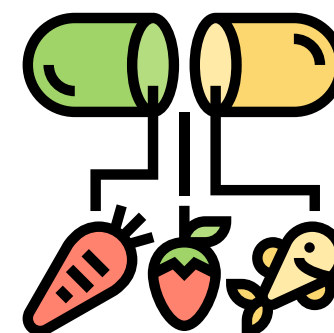
Vitamin A maintains the structure of the skin cells, respiratory tract and gut and these cells form a barrier that act like our body's first line of defense. We also need vitamin A to help make antibodies, which neutralize the pathogens that cause infections. Vitamin A is found in fish oily, egg yolks, cheese, tofu, nuts, seeds, whole grains and legumes, and our organism can also transform beta-carotene in vitamin A, and it can be found in yellow and orange vegetables like pumpkins and carrots.

As much important as vitamin A, B vitamins, particularly B6, B9 and B12, contribute to your body's first response, once it has recognized a pathogen, like viruses, bacteria, germs, etc.. They do this by influencing the production and activity of "natural killer" cells. Natural killer cells work by causing infected cells to "implode", a process called apoptosis. B6 is found in cereals, legumes, green leafy vegetables, fruit, nuts, fish, chicken and meat.

B9 (folate) is abundant in green leafy vegetables, legumes, nuts and seeds and is added to commercial bread-making flour. B12 (cyanocobalamin) is found in animal products, including eggs, meat and dairy and also in fortified soy milk.

Vitamin C is an antioxidant, which means it can fight oxidative damage. When our immune system kills a pathogen, it may cause oxidative damage. This suggests that vitamin C could fight the damage that this process causes. In its role as an antioxidant, vitamin C may also help fight inflammation, which can damage the lungs and other organs. Vitamin C, thought help reverse some of the damage that COVID-19 can cause. There is no proof it can treat or cure corona virus. Because corona virus is new, doctors do not fully understand it. All potential treatments remain experimental, and researchers have not yet tested vitamin C or shown that it can treat the virus.

Not only these, but every kind of vitamin is important to the right function of our whole organism, and with a health and strong body and system we are able to fight lot of diseases such as Covid-19. Eat healthy. Be healthy. "Be safe, be strong".



Spreadsheet error

by Jean Shinohara

Almost 16 thousand new Corona-virus confirmed cases were not reported to authorities due to an error on a spreadsheet.

UK authorities have revealed a wrong number of COVID-19 cases. The reason could be an error in the computer program Excel. This caused almost 16 thousand confirmed cases not being officially reported.

"The initial findings indicate that the problem was caused because some files containing positive test results exceeded the maximum supported size and therefore were not loaded on a central system", was told by a PHE (Public Health England) spokesman of the British Government to a BBC reporter.

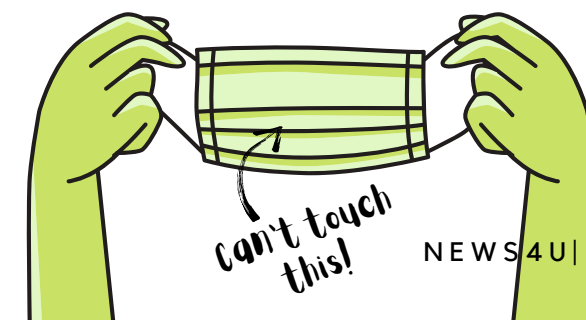
The UK has adopted a system where any person can use a smartphone to monitor infected people by the new corona-virus near to their location. The almost 16 thousand cases didn't appear on the map, so this error is more serious than it looks.

The case came to light in a delicate time for the government, which is facing an increase in the number of cases and is already considering a second wave of contamination, lock down and border block for all countries.

To know more visit: nytimes.com

Quick tip:

When taking your mask off, grab it by the ear strap, without touching your hands where your mouth were. By doing that you prevent any bacteria on your hands going to the mask or vice versa. And remember: always wash your hands before doing it.





TRICK OR TREAT? THE TRASH SEASON

By Viviane Fazolim

It is known that there are garbage on the streets all year round, but during Halloween this problem gets way worse.

The "Trick or Treat" tradition, when children go door to door asking for candies and sweets is very popular in many cultures, and it is the main cause of the increase of volume of trash thrown away on the streets. However, whose is the blame?

People's lack of awareness is a major factor in the problems with the garbage dumped on the streets. We can notice, when people are walking, that throwing garbage on the streets is almost an automatic move, and that is what we must fix.

Just so you know, only half of all garbage produced is correctly collected. From this half, a small portion goes to appropriate places, such as landfills, incinerators, recycling and composting plants. The other part is thrown into rivers or taken to clandestine open-air dumpsters.

The non-collected garbage – everything that is dumped in the streets – clog storm drains and water galleries, causing disastrous floods during the rainy season. In poor communities, the force of water and the volume of garbage cause serious landslides, sinking and death.



at brasileiros-mundo-afora.com

Trash on the street is a worldwide problem. Most of the time people don't even realize they throw things on the floor, once it has become a 'habit', and we cannot let that happen anymore. We cannot fail to teach our children the correct way of separating and disposing trash. Adults have the responsibility and obligation to be and set an example for the younger. When a child comes to your house, collect the trash they have with them and ask them to respect the environment and to throw the garbage in the right place.

me during the rest of the year vs me during october



at cheezburger.com



OCEAN POLLUTION

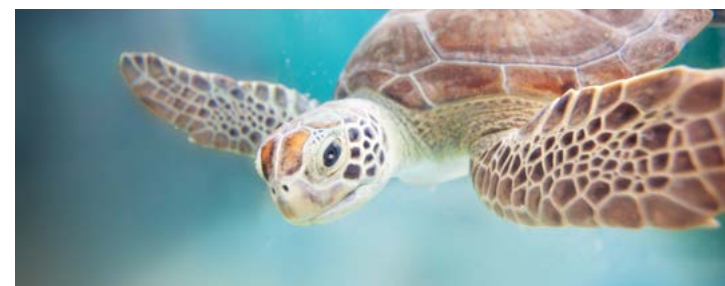
By Marcela Winter

Pollution in the oceans is a huge problem. There are lots of studies and films and documentaries about it, and even though very little is done to reduce minimize this catastrophe. However, when we talk about pollution in the oceans, the first thing that come to mind is plastic. Am I right? Well plastic is indeed the worst polluters today.

The presence of this type of waste harms aquatic life. Marine animals may mistake them for food or get suffocated in the middle of it. This type of pollution, despite being visible and causing so many problems, is not treated with the deserved importance. But only the plastic pollute the oceans, oil spills are also a serious environmental problem. It causes major damages to all the organisms that live there. These situations occur as a result of a series of factors, such as accidents on oil platforms or even with oil tankers.

Cleaning and recovering from an oil spill is difficult and depends on many factors, including the type of the oil, the water temperature (affecting evaporation and bio-degradation) and the types of coastline and beaches involved. These pills can take weeks, months or even years to clean up. And there is another polluter that often leaves unnoticed, but is there, right in your kitchen sink. The detergent. Biodegradable detergent is a detergent easily transformed by decomposing organisms that live in nature. Non-biodegradable detergents, on the contrary, accumulate in rivers, lakes and the oceans, forming a layer of foam that prevents oxygen gas from entering the water and can remove the oily layer present in the feathers of some birds, preventing them from floating.

It seems impossible to solve the problem of oceans pollution but its not. Its sure that for one person alone this will not be an easy task, however, if we all work together we can make difference. The governments worldwide are not dismissed of their responsibilities, of course, the first step on direction of saving the world must be taken from them.



BEING ECOLOGICALLY CORRECT

By Vitor Dias

What exactly is be ecologically correct? The idea of being ecologically correct is associated with how much conscious people have about the environment and the importance of its preservation. And, there are many ways and actions everyone can do to help, or simply to be less harmful to the future, like not consuming manufactured products and choosing instead non-polluting and non-toxic agricultural products, helping the development of a sustainable and economic social model, in short helping the nature. And here are a few tips you can follow to be more ecologically correct in your day-by-day life:

Use LED lights - LED (Light Emitting Diodes) lights are far more durable than traditional incandescent light bulbs and they also have many additional advantages over incandescent and fluorescent lights. This includes longer lifespan (60,000 hours), lower energy consumption (90% more efficient), reduced maintenance costs, and higher safety.

Separate organic garbage from recyclable - In the kitchen, there are two types of garbage, the remains of food that we call organic and the recyclable, which could be plastic, or paper, or metal food packages. The simple attitude of separating them when throwing them away helps the trash collectors, reduces the overload of trash in landfills, and reduces the consumption of raw materials in industries.

Use reusable bags in purchases - Single use plastic bags are not only inconvenient, but harmful to the environment and costly. Try using a reusable shopping bag. There are plenty of benefits to investing on a reusable bag, like: Save Money (Many stores are charging for plastic bags. By bringing your own reusable bag, you are saving money each time you go shopping); Save Resources (Plastic bags are non-biodegradable, use crude oil and natural gas to manufacture, and require even more fossil fuels to ship); Durability and Reliability (you can fill it up and it won't break. That means less trips to and from your car).

Chose products with Seal of Origin - To receive the Seal of Origin, factories and industries must prove they act in a sustainable way. Preventing waste of electricity, water, raw materials, promoting energy efficiency, disposing waste appropriately, etc.. In addition, when you buy these products you consequently help on reducing the environmental impact.

Prefer natural food - Consuming and enjoying natural foods gives the body a state of balance that is reflected in the physical and mental state. In addition, you also collaborate to keep the environment clean and free of polluting agents that infect land and rivers.

check out for more: lifehack.org





BLACK MIRROR OF REAL LIFE

By Gabrelle Cadete

Everybody knows we're talking about technology, right? You know who else talks about technology? You're right! BLACK MIRROR! Today, we are going to talk about some REAL technologies that appear on Black Mirror.

Black mirror is a Netflix original series and talks about the dark side of technology. Situations that happen due to technology. Inventions that are supposed to be good and help, but end up turning the society horrible and with a little of psychological horror (or a lot of).

First technology of our list is a Smart House, which appears on the episode WHITE CHRISTMAS (season 2). Yes, this is already a reality: in 2016, MIT scientists created an artificial intelligence capable of reading emotions and interacting with them, transforming the environment where you are.

The second technology appears on the episode BE RIGHT BACK (season 2). This episode talks about a widow who uses artificial intelligence to talk to her ex-husband via online chat. This is crazy, isn't it? But it is real! In 2015 a Russian engineer called Eugenia, created an application called LUKA (very similar to the one showed in the series). Eugenia used the messages and social media posts of a dead friend, Roman Mazurenko, to create a database from which artificial intelligence feeds to chat with anyone as if it was him.



The episode THE ENTIRE HISTORY OF YOU (season 1) seems impossible to be true, but some important corporations are working on it. Samsung registered, in 2016, a patent for the production of lenses with integrated micro cameras and wi-fi connection, which would be controlled from your smartphone and which would enable an online augmented reality experience, identical to the series. Google went deeper (literally) and promised an injectable chip for human eyes, with the same functions as Samsung's lenses.

SAN JUNIPERO (season 3) shows a different way to "live". On the episode we can live forever, if we made a human conscience upload. It seems crazy, to live forever, but the Russian Dmitry Itskov is investing since 2013 in

projects that study the possibility of transferring human consciousness. Crazy? He's not the only one, Google's scientist and engineer, Ray Kurzweil, believes that until 2045 this will be a reality.

Last and the most important invention: robot bees! In the episode HATING IN THE NATION (season 3) the real bees were already extinct. It looks like real life AND IT IS!

Today, bees still exist, but they are in serious danger of extinction. To fix this, a group of Harvard scientists is already working on a 3 cm robot bee, which, as in the series, would help pollinate and prevent a worldwide ecosystem collapse. The robot bees are not ready to use yet, the scientists are still struggling to make them work, but the idea is real!

The whole Black Mirror series seems impossible (and a real horror show), but sometimes we're surprised by technologies that exist and this is so Halloween vibes!

Thank you! See you next edition and don't forget to put a tape on your smartphone camera and webcam!

see more at: super.abril.com.br



at technologyreview.com

THE THINGS WE POST

By Andrew Aires

Hello ladies and gentlemen. My name is Andrew and I'm a specialist in information security. Let's talk a little about social media? I have some information about this topic to share with you.

How many social media profiles do you guys have? Facebook to connect with your friends; Instagram to share your special moments; Maybe Twitter to write little paragraphs about your daily life; Tiktok to record dance choreographies and do some challenges; Whatsapp, Telegram, Tinder, Orkut? (ok, I may be a bit older than you). I grew up along the technology and saw most of the social medias being born, and some to have an end, but my age is not the point here.

The purpose of a social media is to share information about ourselves. Problem is: how much personal information do you post on these platforms? And pay attention here, the focus is not the amount of information, but the quality of them. Once you post something personal, anyone can see it. Even though you have a "private account", anyone with a basic knowledge in internet and the technology behind it can see your photos, profile info, GPS location, etc. (I hate these stalkers, but they are everywhere). I know every company has a contract and information privacy policy, but you should not feel safe with it.



Imagine you in a family trip. Everyone went to the beach, or maybe to a distant relative's house and you are sharing every happy moment you are having. Everyone knows your house is empty, and with a quick view on your photos is possible to know every item you have there that is worthy to be stolen. Well, this is premium information for robbers, don't you think? They will use your social media to see if your house is empty, define a breach and take advantage of that. Plus, did you know that a large percentage of the crimes actual are cybercrime? Yes, bandits are using your own information to use against you or your family.

I'm not trying to scare you, but to warn you about this issue we all have to deal with. Nowadays, everything about who you are, where you are, who is your family, who are your friends, the places you use to go, what do you like to eat, and much more is on your social medias. Although is fun and good sharing our moments, we need to be careful about what we post to the world.

And I also would like to say that the best things of life are offline.

APPS IN CONTROL

By Leonardo Camargo

We all think that technological dystopia only exists in cinemas or in a very distant future, but the reality in which we live is already controlled by machines and artificial intelligence.

Most people who do not like to read the terms of use do not know that they are giving their personal information for platforms such as Facebook, Instagram, Twitter and especially the giant Google. They are installed on most devices and often ask users to use their information.

As these platforms get access to our data, they monitor our research bar, our photos, videos and audios. These apps use our data as a currency of exchange for other companies. Have you ever commented on any product, in any conversation, and an advertisement appears in a Facebook or You Tube ad? Or, how the apps meet our preferences so well? All apps have a team of professionals whose only focus is to make you dependent on their platform.

The apps were carefully designed to control us and make us dependent on them. How much time we spend on you tube instead of doing something important or funnier? Or scrolling Instagram feed and stories? We stopped studying and learning and instead we are taking Google answers for everything.

All networks offer convenience, a drug that makes us dependent, addicted, accommodates and craven for more.

Are you being controlled by your apps?



BLACK MIRROR OF REAL LIFE

By Natália Tavares

Have you ever thought that the main difference between cultures is undoubtedly the cuisine? Yes! It is present in our daily life, bringing people close and promoting interaction, and most of the times we do not even notice!

There is a profession responsible for perfecting and intensifying every detail of this interaction: the "gastrologist" AKA "gourmet chef" (or just "chef"). Gastronomy makes the understanding of culinary techniques, practices and qualified knowledge of food. The gastronomy professional not only specializes in food, but also in the preparation of the indicated drinks for each meal, the material and utensils, and the whole process until the dish arrives at our tables. That is, it is much more than "cooking", is also a look at food safety, management and finances of a restaurant.

There are two types of training for the Gastronomy course, bachelor's and technical. Bachelor's is a 4 years of course. You will take theoretical classes such as; history of gastronomy, biochemistry, microbiology, as practices; food preparation, dribbling, confectionery, etc. and you will also study sociology classes, statics, as well as people management and business management. Technical is 2 years long. During the course, practical classes are aimed at learning about food safety, hygiene, handling instruments, and organizing events. The theoretical classes is about business management, marketing, people management.

Did you like this course? You can work in several areas. Here are a few career options we've set up for you to learn more about:

Chef patisserie - working with confectionery and baking and preparing decorated dishes.

Personal chef - acting as head chef in private homes, preparing menus and recipes.

Consulting - providing advice for the opening of restaurants or improvements for those that already exist.

Food safety - surveying kitchens and checking if food safety rules are being met.

Product development - creating and preparing dishes with food provided by a particular industry.

Adventures, food, fun and lots of magic! All of it are in the world of gastronomy. Have you ever imagined eating a delicious pizza in a totally themed and magical place? This place exists, "Heitor Pizzaria", and is here in Brazil, in Gramado -RS. The adventures here are a long journey, it is aimed to take you to various movies references, and especially the world of our beloved Harry Potter! That's right, i'm going to get HP lovers preparing their luggage and fastening their seat belts!

All of this is just a little bit of what gastronomy can represent. If you like cooking (or eating, like us) you would probably do great in gastronomy.

We interviewed Chef Carlos Martins, university professor in Sorocaba in the area of Gastronomy, (UNISO and IGA), to learn more about his work. He shared with us some of his trajectory and his greatest inspirations in the world of gastronomy, check it out:

INTERVIEW WITH THE CHEF: CARLOS ALBERTO MARTINS

By Alexandre Ribeiro

Graduated in Science with a degree in Biology from the University of Sagrado Coração (1993), Bachelor of Tourism (2010) and Technological degree in Gastronomy (2011) from the University of Sorocaba, Specialist in Business Management in Food Services from SENAC (2011), coursing Specialization in Functional Foods: a multidisciplinary vision by FAMESP SP and enrolled in the Master's Program in Technological and Environmental Processes by the University of Sorocaba. He is currently a professor at Fundação Dom Aguirre working at Dom Aguirre College as a biology teacher for high school and in the area of gastronomy at the University of Sorocaba - UNISO. Participates with the faculty of the Gastronomic Institute of the Americas - IGA Sorocaba. (Man is good)

How long have you been practicing your profession?

CARLOS: 10 years ago.

How and when did your passion for gastronomy begin?

CARLOS: I've always liked eating well and risked cooking sometimes. But it was after my finishing my first college, Biology, around 1994.

Did you choose your profession or would you say that it chose you?

CARLOS: I actually went into the gastronomy area kind of like hobby. But throughout college I saw that it could be a great profession.

What rules must be respected in gastronomy?

CARLOS: In gastronomy respect the rules of safety and food hygiene are basic and mandatory.

What thrills you the most in the kitchen?

CARLOS: Being able to turn basic foods into very good dishes. In gastronomy I can join my first profession of Biology, Chemistry and Physics in the transformation of food.

What dish do you think is "The favorite" or the best you've ever made?

CARLOS: I love History and when I arrived in Sorocaba, 20 years ago, I fell in love with the history of the Tropeiros. Soon, a good Tropeiro Bean is always worth doing.

What are the negative and positive points of being a chef?

CARLOS: I believe that, as in any area, there are many problems within a very hot kitchen, but also high and happy times. That build the professional. It's exciting.

You're a college professor, and you've become a reference for many young people. What do you try to convey through your knowledge?

CARLOS: I chose to stay in the classroom since the first training, 25 years ago, and my students enthusiasm is what moves me. Knowing that a student is following this paths and everything they're going to pass is very good.

And what would you say to those who wish to pursue their profession?

CARLOS: It's not easy. But you can be very successful and happy in it. Focus and resilience is always needed. And the differential of a good professional will always be their cultural baggage. Always gain knowledge.



Mixtures and authenticity between cultures, through gastronomy...

Probably you've heard of Oktoberfest, it's a party made in German tradition, originally in Munich. Today it is a world-renowned celebration, including here in Brazil. This event represents typical German beer and gastronomy. An example of a traditional German food is sausage and mashed potatoes, which are foods presented in various dishes at Oktoberfest! Hot dog lovers, they throw the real party!

The innovations in the world of gastronomy

Have you ever thought about the innovations and technological advances that directly influence cooking? The demand for "fast" services has grown steadily and fast food restaurants and grocery store pop up on every corner. The challenge for chefs today is to tune into this world without losing authenticity, quality, health and cultural values. It is noteworthy that gastronomy is an implicit phenomenon that represents cultures.

HAVE YOU EVER BEEN TO UNITED STATES OF AMERICA

DID YOU KNOW?

By Kalid Kaliski
Mariana Moura
Gabrielli Loraynne

- **The education** is divided into three levels: elementary school, middle school and high school. In this sense the country is largely democratic, because regardless of gender, religious option or ethnicity the student gains the right to stud, but financial difficulties, prejudices, racial violence, are some factors that keep many students out of classrooms .

The United States is a popular place for Brazilians and people of other nationalities. Not only because of the excellent educational institutions, but also because it

enables professional development, excellent quality of life and obtaining income many times higher than the annual average of workers residing in Brazil. The United States is a popular place for Brazilians and people of other nationalities. Not only because of the excellent educational institutions, but also because it

- **The services:** You do not need to spend hours in line to request assistance or be frustrated with unskilled labor.

- **The economy:** The country's economy is strong, and there are many job opportunities, the cost of living is in line with the average wage

- **The feeding:** In the United States the culture of fast foods is strong in the USA, and the vast majority of people eat very fatty and industrialized foods.



- **Sports:** In The United States is the most sports popular. With the big basketball league NBA. There are 30 teams, 82 matches in season. This is a sport accessible for everyone. If compare with the sport here in Brazil the basketball would be in the same level in terms of popularity.

- **Basketball:** In The United States is the most sports popular. With the big basketball league NBA. There are 30 teams, 82 matches in season. This is a sport accessible for everyone. If compare with the sport here in Brazil the basketball would be in the same level in terms of popularity.



American football: This is more known for brasilians although is not very practiced in Brazil. The league is National Football League or NFL. The grand final is called Super Bowl.

The sport is practiced in times 11 vs 11 with rules of rugby and Harvard. That sport a fact curious is that in century XIX there criss cross formations that caused ten deaths, was in 1910 that this training was ban.



- **Culture:** The United States of America, is one of the biggest influencers in the world. Having a mix of traditions, ranging from his passion for sports to his patriotism. People from all over the world are attracted by the culture they have. It is a country with many traditions, an example is the 4th of July holiday (American independence) where they have very striking customs, such as decorating cities with flags, watching parades, the fireworks show and of course the parties is common that before cutting the turkey that everyone would thank them out loud for their blessings that year.



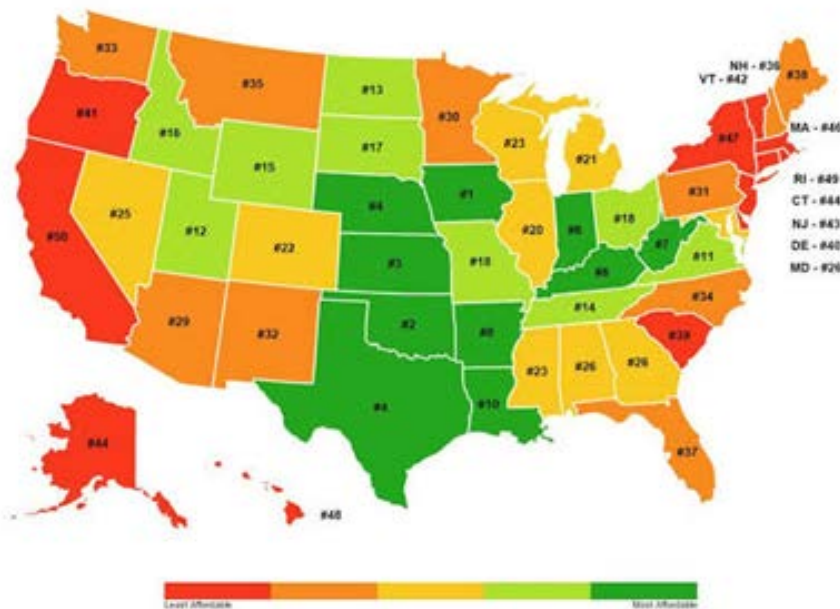
- **Economy:** The economy of the United States is the first in the ranking of the best economies in the world, has a wealth of more than US \$17 trillion. But with the arrival of the epidemic of the corona virus, the North American economy fell 31.4% in the second quarter of 2020, being considered the biggest drop in 70 years.

Owning the world's most valuable asset, in which we can observe all types of business, it is predicted that there will be a strong recovery in 2021.

The economy was very good before the pandemic continuing under the Barack Obama administration – the United States' money system was affected by the highest unemployment rate in 80 years, with the outbreak of cases in early 2020. Although services returned in May, restoration of the damage continues to take time with the growth of the virus.



WHICH STATES ARE MOST AFFORDABLE TO LIVE IN?



THANK YOU

By Guilherme Armenio

Well, what to say about this project we've barely started and I already love so much? Haha, jokes apart, I do have lots to say, and I'll start saying CONGRATULATIONS to us all. To every single person involved with the perfect execution of a simplistic idea.

At the beginning this was just a regular classroom activity, but through it, we could see the potential hidden in our students. They executed a simple homework way better than what we expected, so we decided to make it bigger. To gather all students together and produce our own newspaper, with their texts, with their ideas, with their hard work. And amazingly we had a great response. So here we are. News4U is real.

This is just the first productions of a series that are about to come. While you read this text, the students are working on the next material we are bringing for you in a month or two. It is hard work, as I said, and I'm sure they are putting as much effort as they can to make it better than perfect.

Only thing I know is there aren't words enough to express how proud I am now. How grateful I am for all the help I've received from my colleagues and all the love and dedication and responsibility and effort and commitment and support my students gave me this month. It's because of YOU, student, that we keep inventing and doing projects like this, and when you enjoy it, oh my god, I can't describe how happy we get. I'll make mine Beyoncé's words: "I would like to thank the judges for picking me, my parents who I love, I love you Huston". JK.

Thank you Looking4u team for having me and thank you students for all your love and I want you to know that I BELIEVE IN YOU, and we are LOOKING 4U.

Guilherme Armenio

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